

## **SAFETY PLAN POCKET GUIDE**

**Domestic Violence Hotline  
V/TTY 1-800-562-6025**

### **PLAN AHEAD**

- Develop a plan with your children
- Arrange to have a place to go
- Make copies of important papers and hide them
- Have available important phone numbers
- Pack and hide an overnight bag
- Put aside money and spare keys

### **DURING AN INCIDENT**

- Call for help (9-1-1)
- Get out if you can
- Bring important items listed above

DSHS 22-276(X) (10/98)

### **If you can't leave the situation**

- Avoid rooms with only one exit
- Avoid the kitchen, bathroom and garage
- Call for help

### **IN YOUR HOUSE**

- Change lock, secure doors and windows
- Arrange to have someone stay with you
- Change your phone number
- Obtain a protection order
- Notify trusted friends and family

### **AT THE WORKPLACE, SCHOOL AND PUBLIC PLACES**

- Inform your work, daycare and schools
- Change your daily routine
- Plan ahead for unexpected contact with the abuser

Get more of these Safety Plan Pocket Guides. Encourage women to put these cards under the liner of EVERY pair of shoes!